In Need of More Sleep

Pre-reading

Questions:

- Why is sleep important?
- What happens if you get too little sleep?
- How many hours do you sleep each day?

Definitions:

- Tuck – to wrap snuggly
- Caffeine – a substance that makes the body more active

Reading

Pam is busy. She works two jobs six days a week. Plus, she is the mom of two young children. She drinks a lot of coffee. It helps her stay awake.

After work, Pam cooks dinner for herself and her children. Then she tucks her kids into bed. She goes to bed too, but cannot get to sleep. She tosses and turns.

She only gets about four hours of sleep each night.

In the morning Pam is tired. She is short with her kids. She often thinks, “I need more sleep. I want to be a kind mom. I want to feel good. I need more sleep.”

Pam looks to the Internet for help. She finds a good website with these sleep tips: do not use caffeine; take a walk; stretch; read a book; take deep breaths. Pam plans to try them this week.
Understanding

1. Why is Pam busy? __________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. What does the word **short** mean in this story? ________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. What does Pam want more of? Why? __________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. Where does Pam find help? __________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. What tips might Pam try? (List at least two.) __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

Writing

**Option A:** Write the story in your own words.

**Option B:** Do feel that you get enough sleep? Why or why not? What helps you get a
good night’s sleep?

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In Need of More Sleep – Level 1.0